



CIRCULAR
22 August 2011

ID: C11018

TO: Club Secretary, Club Captains, Club Presidents, Competition Officers, BoSS

FROM: Michael Schetter, Surf Life Saving SA

SUBJECT: Expression of Interest for South Australian Ocean Paddling and Surf Ski Seminar Saturday 10 September 2011

South Australian Ocean Paddling and Surf Ski Seminar Saturday 10 September 2011

Port Noarlunga SLSC (Foreshore Port Noarlunga)

Learn how to participate in ocean paddling, long distance ocean races and paddle a surf ski in surf, with Dean Beamont.

Proposed program below. NOTE this is subject to change:

Saturday Program 10 September 2011 (new Clubrooms at Port Noarlunga SLSC)

12.00 pm - 1.00 pm	Surf Ski Theory/ Ocean Ski Racing
1.00 pm - 1.30 pm	Garmin Watch GPS how to set up and maximise your training (Steve Perry)
2.00 pm - 3.00 pm	Nutrition and conditioning for Endurance Events (TBC)
3.00 pm - 5.00 pm	Practical, Wave Catching Skills - South Port (Dean and Ocean Ski Runs etc)

Dinner Saturday night at Glenelg SLSC is also being arranged for 7.00 pm

Further details please speak with Mike Schetter 83546900 or Ocean Racing Steve Dalton 0404501738.

Dean Beamont Bio:

Ex Henley SLSC – Australian SLS Open Ski Bronze Medallist 1991, and Ski Relay Gold 1998, WA Hall of Fame inductee, 40+ State Open Gold Medals in surf ski events, 4 x Australian Gold Surf Ski medallist, Multiple Aussie Open medals in surf ski. Coach of Brendon Sarson (Silver medallist single ski at Aussies) Reece Baker and Brendon Sarson (Double Surf Ski Gold Medallist this year), Brodie Holmes (silver medal in ski relay) and coach to Dan Humble (Current World Surf Ski Champ) all members of Trigg Island SLSC ski squad. Trigg Island SLSC Ski Captain. Multiple winner of downwind races, best performance is 5th in Rottne World Cup race.

E.O.I CLOSE midday Friday 9th September



Expression of Interest Form

NAME: _____ CLUB: _____

CONTACT NUMBER: _____ EMAIL: _____

I am interested in attending the Ski Seminar on Saturday September 10 th	
I am interested in attending dinner on Saturday night	

Please complete Expression of Interest form and return to Carly Hogg by

midday Friday 9th September

- Email; carly.hogg@surfrescue.com.au
- post to PO Box 108 Torrensville SA 5031
- drop off at 219 Henley Beach Road, Torrensville.